# ASHTON KUTCHER BUSIES HIMSELF WITH ODD 'JOBS'

PREPPING TO BE APPLE CHIEF INCLUDED DIETARY MISADVENTURES. PAGE 14

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# Police officer critically shot, shooter used stolen pistol

**Life-threatening.** Six-year veteran Officer Edward Davies was shot in the abdomen after a routine traffic stop. **The shooter.** Eric Torres has a long rap sheet and used a stolen gun in the shooting. **More surgery.** Commissioner says Davies' injury is "very, very serious." PAGE 02

## A FINANCIAL TOUCHDOWN PAGE 04

Members of the North Philly Blackhawks were on hand for the $2.5 million donation that will fix up their dilapidated football field. / RIKARD LARMA, METRO

## Perfect the Shabby Chic approach

PAGES 18

## App traps what you say in naps

PAGE 21

## Could Clay Harbor have a new role?

PAGE 26

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1 NEWS

Local tweet

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Sgt. Matt Veasey, on Twitter as @PPDMattVeasey

Top 3

*Trending online at Metro.us*

1 'PHOTOS: Weird Royal Baby swag on the Internet'

2 'Florida woman begs for money to buy breast implants'

3 'VIDEO: Woman thinks mailman is stalking her'

# Commish: Shot officer will need more surgery

**Recovering.** Police say the suspect in the shooting of the six-year veteran is in custody.

A police officer remained in critical but stable condition yesterday after he was shot in the stomach earlier in the day after a routine traffic stop turned ugly, police said.

Officer Edward Davies, 41, a six-year veteran of the Philadelphia Police Department, will require "multiple surgeries," said Police Commissioner Charles Ramsey.

The shooter has been identified as 31-year-old Eric Torres. He allegedly shot Davies at a corner store on 4th and Annsbury streets in Feltonville after he fled a car stop and ran into the store. Ramsey said there was a "brief, violent struggle" that lasted a few minutes among Torres and at least two other officers.

"During that struggle," Ramsey said, "he was shot."

Torres has 12 prior arrests, five of which are for previous police assaults, including resisting arrest. He was last in custody November 2011.

Ramsey said Davies, who is married with children, will be kept under anesthesia as doctors did not want him talking or moving.

Mayor Michael Nutter added this incident certainly sparks further debate on illegal guns in the city, but for now, "Let us keep our thoughts and prayers ... on Davies."

Ramsey said police will work with the DA's office on the appropriate charges.

"Let's just pray for the recovery of Officer Davies, and we'll deal with this other guy," he said.

**The suspect's weapon**

Ramsey said the .45-caliber glock Torres used was stolen in June 2012 during a burglary.

- It is unknown if Torres was involved in that burglary.
- Torres was yesterday being treated for minor injuries at Albert Einsten Medical Center.

CHRISTINA PACIOLLA
christina.paciolla@metro.us

## Fun in the sun — and water — at the Art Museum

Jayla Sherrill, 5, from West Philadelphia, plays in a fountain in front of the Art Museum yesterday. Temperatures rose and the air became humid after overnight and morning storms caused flooding in several places. / CHARLES MOSTOLLER, METRO

Game changer

## Moore offers new major

The Moore College of Art and Design will this fall launch its 10th major, a Bachelor of Fine Arts in Interactive and Motion Arts. The program, designed for women who want to pursue careers in animation and game design, is a response to the underrepresentation of women in the rapidly growing gaming industry.

Moore will partner with the Philadelphia Game Lab's annual Grassroots Game Conference to host on Oct. 17 a daylong information session called "Game Changers: Women Game Artists Discuss Life in the Industry." METRO

Speeding

## Police find mobile meth lab

Delaware State Police on Monday arrested Frank Sheridan, 33, of Dover, after officers allegedly found a mobile meth lab in his car during a traffic stop.

Police said a trooper around 6:45 p.m. learned of a possible meth lab inside a car, located a Ford Escort fitting the vehicle's description and conducted a traffic stop on the 800 block of Bay Road.

Frank Sheridan, 33
DELAWARE STATE POLICE

Responding detectives from the Troop 3 Drug Task Force allegedly found in the car two actively cooking "one pot" meth bottles, along with ingredients in the drug's manufacture. ALEX WIGGLESWORTH

## Swindle. Charter school CEO pleads guilty to wire fraud

Former Harambee Charter School CEO Masai Skief, 32, pleaded guilty yesterday to two counts of wire fraud for taking money from the school scholarship fund, as well as from nonprofit Harambee Institute, and spending it on personal items, including a house.

Skief, who also headed up Harambee Institute, admitted to stealing about $79,000 from the nonprofit and scholarship fund and attempting to disguise the cash withdrawals as labor costs. ALEX WIGGLESWORTH

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# Blackhawks field will finally be renovated

**Victory.** After 45 years, the North Philly Blackhawks will have the facilities to match their championship program.

Derrick Williams and Keom Savoy played for the North Philly Blackhawks in the mid-1990s and never left.

They grew through the program, rising from players to junior coaches to assistant coaches and, eventually, head coaches, where they led the team to the 2010 Pop Warner national football championship.

"We used to have to do everything the hard way," Williams said. "It's a nice change of pace to do things the easy way now and not have to worry about rocks and glass."

They were all smiles yesterday, as for the first time in the Blackhawks program's 45-year history, the team received the needed funds to transform their brown-stained football field into a gridiron.

Local officials announced a $2.5 million donation to renovate the field, located at 11th Street and Cecil B. Moore Avenue in the heart of Temple University and North Philadelphia.

Savoy said the team will support its community.

"We're going to bring revenue to the community," he said. "We're going to give back."

The grass field will be replaced with new artificial turf. New field goal posts and a scoreboard will be installed, as well as new paving, fencing and landscaping. The baseball field in the southeast corner will also be renovated, along with the restrooms and locker rooms.

The fields will be shared between the Blackhawks and St. Joe's Prep High School athletic teams, which contributed money along with the city of Philadelphia, Philadelphia Local Initiatives Support Corp. and the Philadelphia Eagles.

One of Mayor Michael Nutter's administrators said Temple, which surrounds the field, made a late offer to contribute, but it was not accepted.

**Quoted**

**"I'm not much of a talker. I'm a football coach made director. ... but we thank everybody that had anything to do with this. We appreciate it, and we thank you very much."**

**Don Richardson**
Blackhawks Director

**TOMMY ROWAN**
tommy.rowan@metro.us

## Exercising is a family affair for these two

Brothers Nasiyr, left, and Vernon Carter work out in the shade of Water Works yesterday in Philadelphia. / CHARLES MOSTOLLER, METRO

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Accident

## Child killed in crash

A six-vehicle crash on Route 1 near Smyrna, Del., claimed the life of a 7-year-old child Monday. Police said several vehicles slowed near a closed lane around 10 p.m., causing a truck to rear-end a Mazda and hit four other vehicles. METRO

Peace

## Roundtable discusses reducing gun violence

CeaseFirePA Executive Director Shira Goodman and a host of community organizations will today join state Reps. Madeleine Dean and Mary Jo Daley for a roundtable discussion on women and gun violence.

Shira Goodman of CeaseFirePA
CEASEFIREPA

The event, slated for 1:15 p.m. at St. Mary's Episcopal Church in Ardmore, will focus on how pending legislation in Washington and Harrisburg — namely background checks for all gun buyers — can help reduce the local impact of gun violence on women and families. METRO

# Ticktock. Officials nag Corbett as district deadline is this Friday

Mayor Michael Nutter, City Council President Darrell Clarke and state officials petitioned Gov. Tom Corbett yesterday to issue the $45 million grant the city was promised for its schools.

The state said it won't issue the money, which is intended to fund the cash-strapped schools until the Philadelphia Federation of Teachers agrees to contract concessions.

The $45 million was made possible after the federal government forgave state debt.

Part of the School Reform Commission and Superintendent William Hite's solution to the district's budget woes includes about $133 million in union givebacks.

Hite issued a threat last week: Either the district receives $50 million, or schools won't open on Sept. 9. If schools don't receive confirmation by Friday that the money is on its way, the district will start delay plans.

State Sen. Anthony Williams
RIKARD LARMA, METRO

"We will have a response" by Friday, Clark said. "Dr. Hite asked for a commitment, and we anticipate giving him a commitment."

Since a union agreement most likely won't be met by Friday, Nutter and Clarke have suggested alternatives. Nutter wants to borrow the money against an extension of a city sales tax set to expire after 2013.

Clarke wants the city to buy $50 million of the school district's property. TOMMY ROWAN

**NOTICE OF PUBLIC HEARING AND PUBLIC COMMENT PERIOD PHILADELPHIA HOUSING AUTHORITY**

The Philadelphia Housing Authority (PHA) is a participant in the Moving to Work Demonstration Program (MTW). PHA was initially selected to participate in the MTW Program in 2001. In October 2008, PHA entered into an Amended and Restated Moving to Work Agreement ("MTW Agreement") with the US Department of Housing and Urban Development ("HUD"), which has subsequently been further amended.

The MTW Agreement defines the terms and conditions under which PHA is a participant in the MTW Program. The MTW Agreement requires that PHA submit an MTW Annual Plan for HUD review and approval. PHA's current MTW Annual Plan for MTW Year Thirteen (PHA Fiscal Year 2014) was approved by HUD on May 30, 2013.

PHA is seeking public review and comments on two proposed actions relative to the MTW Program:

- **Amendment to the MTW Agreement** – The proposed amendment to the MTW Agreement will provide PHA with additional flexibility in utilizing Replacement Housing Factor funds received by PHA from HUD.
- **Amendment to the MTW Year Thirteen Annual Plan** – The proposed amendment to the MTW Annual Plan will: 1) Establish that PHA may apply to convert one or more public housing sites under the Rental Assistance Demonstration Program and that PHA may utilize MTW Block Grant funds to support the conversion; and, 2) Allow PHA to establish a flexible subsidy program for newly developed or acquiredpublic housing units, subject to HUD review and approval of each transaction.

Additional information regarding the proposed amendments is available from PHA. Copies are available for public review on PHA's website at: www.pha.phila.gov under the "Latest News" section or may be picked up at the following locations:

- **Housing Choice Voucher Program Office:** 2850 Germantown Ave 1st & 2nd Floor
- **Scattered Sites Management Offices:** 3417 Spring Garden Street, 1821 Vineyard St. 3226 McMichael St., 3218 Susquehanna Avenue, 400 W. Huntingdon St.
- **Public Housing Management Offices:** **Bartram** - 5404 Gibson Drive, **Wilson Park** - 2500 Jackson St., **Raymond Rosen** – 2110 N. 23rd St., **Blumberg** - 2311 W. Jefferson St.

PHA residents, Housing Choice Voucher participants and the general public may attend and provide comments at the Public Hearing described below and/or submit written comments on these proposed actions any time during the comment period. The Public Hearing is scheduled for the following time and location: **August 27, 2013 10 a.m. until noon, 1100 Poplar Street, Philadelphia, PA19123, Multipurpose Room.**

Only comments pertaining to the proposed actions noted above are being solicited. The comment period begins on August 6, 2013 at 12 noon and ends September 5, 2013 at 12 noon.All comments must be received by the end of the comment period. Please send your writtencomments to: **Philadelphia Housing Authority, Office of Policy, Research and Enterprise Planning, Attention: MTW Comment, 1606 Swain St., Philadelphia, PA 19130.**

The Public Hearing is being held in an accessible location. If you require assistance, sign language interpreter or other accommodations, please call 215-684-4000. Please use the AT&T Relay Service for TTY.

Philadelphia Housing Authority
Building Beyond Expectations

## Getting their feet wet

Sisters Phoebe, left, and Becca Altenhofen cool off in a fountain near Water Works and the Schuylkill River on a hot day in Philadelphia. / CHARLES MOSTOLLER, METRO

# Fatality. Colorado floodwaters sweep away teenage girl

A 17-year-old Colorado girl became the second fatality in five days in the Pikes Peak region when she was swept down a swollen creek after apparently taking shelter under a bridge from rain and pounding hail, police said yesterday.

Rose Hammes had gone for a walk Monday afternoon and called her parents to say she was taking shelter under the bridge, Colorado Springs police said in a statement. When her parents could not reach the girl on her cell phone, they called police.

Search and rescue crews searched the area downstream and hours later found her body in a canal off Sand Creek, about a half-mile from where she was last seen, police spokeswoman Barbara Miller said.

Hammes is the second person to die from rising waters and flooding as daily monsoonal rains have saturated the area for more than a week. The El Paso County Coroner's Office ruled she died from blunt force trauma and drowning.

Her death came after a 53-year-old man drowned on Aug. 9 when heavy rains sent a wall of water and debris down a canyon denuded by a 2012 wildfire and onto a highway. His body was found covered with debris, outside his vehicle, along the road.

The debris flow from that flash flood roared into the town of Manitou Springs, about 6 1/2 miles west of Colorado Springs at the foot of Pikes Peak, the mountaintop whose panoramic summit vistas inspired the song "America the Beautiful." **REUTERS**

**Buildings**

**30**

More than 30 buildings in the downtown area of Manitou Springs, Colo., were damaged or destroyed.

This picture shows the foundation of a house washed away by floodwaters in Manitou Springs, Colo. / GETTY IMAGES

**Sloppy sign**

## Detroit advertised wrong date for upcoming election on billboards

Renting billboards to tout Detroit's upcoming election was a good idea until the wrong date was put on 14 of them over this past weekend, city officials said.

Detroit, which has filed for the largest bankruptcy in U.S. history, chooses a new mayor in the next general election, on Nov. 5. But billboards that the city of Detroit commissioned read that the election would take place on Sept. 2.

The billboards were initially put up to pitch a previous election. Detroit City Clerk Janice Winfrey said yesterday that the local billboard company on Saturday updated the signs to highlight the general election, but with the erroneous September date.

**Quoted**

**"Everybody makes mistakes."** Winfrey

Winfrey, who as city clerk also heads the Detroit Department of Elections, said her department approved samples of the initial billboards but did not see samples of the updated ones. The sign company, International Outdoor Inc., based in suburban Detroit, was given the correct date from the elections office, Winfrey said.

The city clerk said yesterday afternoon that by the end of the day, all of the billboards would be corrected. **REUTERS**

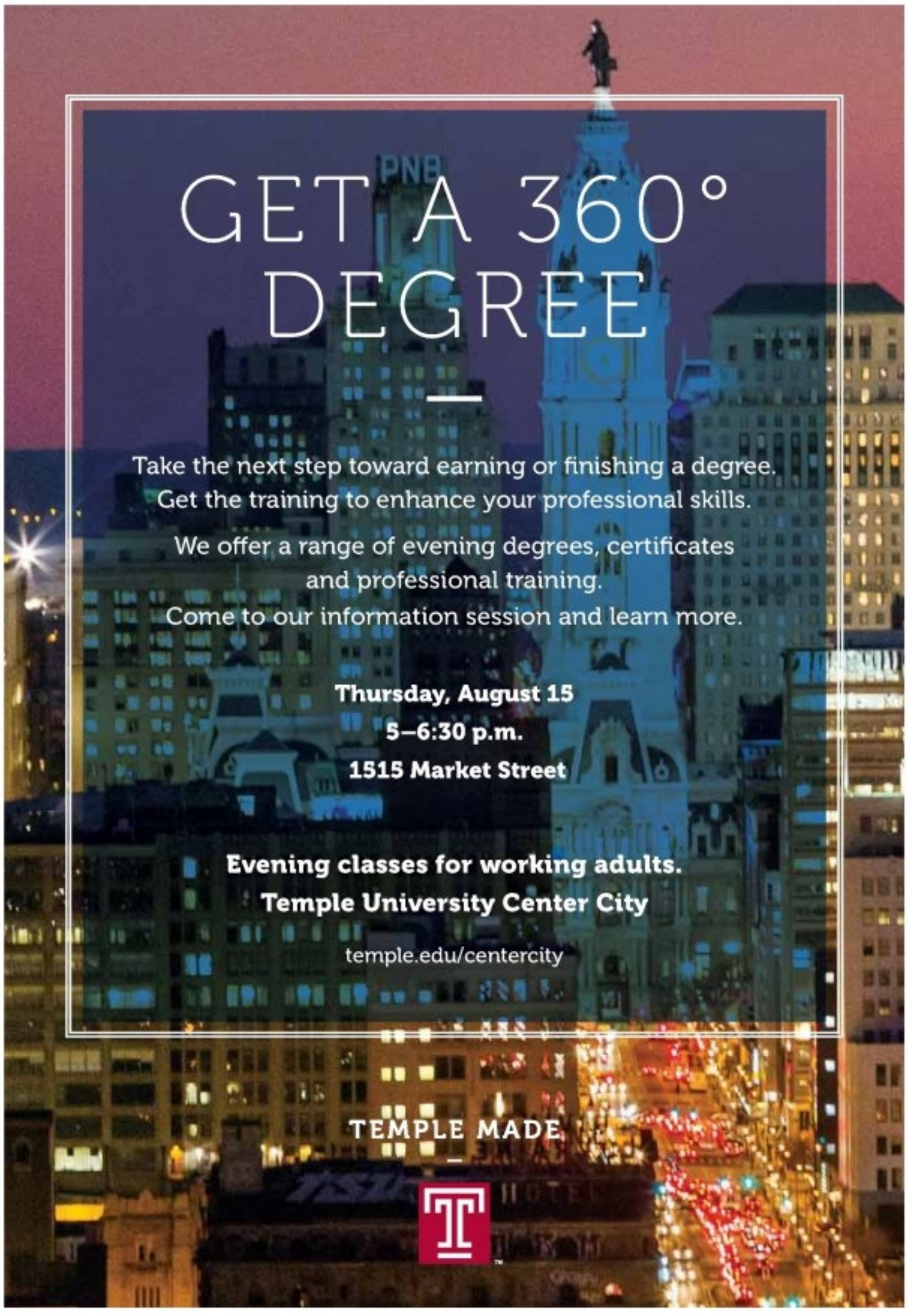
**$11B merger**

## Justice Department sues to block AMR-US Airways merger

The Justice Department filed an unexpected lawsuit to block the merger of American Airlines parent AMR Corp. and US Airways Group Inc., saying the deal would hurt consumers by leading to higher fares and fees.

The $11 billion merger would create the world's largest airline, after four other major U.S. carriers combined in recent years.

The antitrust lawsuit, filed in U.S. District Court for the District of Columbia and joined by several states including Arizona and Texas, drew concern from industry experts, support from consumer advocates and triggered a 6 percent sell-off in U.S. airline stocks. **REUTERS**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Quoted
"I've come around a little bit on my thinking here. ... Maybe I could do the beginning bit and then hand it over to somebody else."
Musk

Musk envisions capsules departing every 30 seconds at peak times. / GETTY IMAGES

# California billionaire unveils futuristic 'Hyperloop' transport

**Plan.** As many as 28 passengers could ride in each pod and the system could even transport cars.

California billionaire Elon Musk took the wraps off his vision of a futuristic "Hyperloop" transport system this week, proposing to build a solar-powered network of crash-proof capsules that would whisk people from San Francisco to Los Angeles in half an hour.

In a blog post, Musk, the chief executive of electric car maker Tesla Motors Inc. described in detail a system that, if successful, would do nothing short of revolutionizing intercity transportation. But first the plan would have to overcome questions about its safety and financing.

The Hyperloop, which Musk previously described as a cross between a Concorde, rail gun and air-hockey table, would cost an estimated $6 billion to build and construction would take seven to 10 years.

Musk, who in the past has hinted at the hopes of building such a system, proposed the Hyperloop as an alternative to a $68 billion high-speed rail project that's a major priority of California Gov. Jerry Brown. It would be safer, faster, less expensive and more convenient, Musk said in the blog post.

But not everyone is convinced the project is a good idea.

Jim Powell, a co-inventor of the bullet train and director of Maglev 2000, which develops high-speed transport systems using magnetic levitation, said the system would be highly vulnerable to a terrorist attack or accident. REUTERS

**People**

**7M**

Eventually, according to the plan, it would move more than 7 million people a year along one of the U.S. West Coast's busiest traffic corridors.

**Investment**

## Icahn has large Apple stake; calls company undervalued

Activist investor Carl Icahn said yesterday he now has a "large stake" in Apple Inc., which he believes to be extremely undervalued.

The billionaire, with a reputation for pushing aggressive corporate change, said on Twitter he discussed a larger buyback program with Chief Executive Officer Tim Cook. REUTERS

## Virtual currencies. Senate panel kicks off broad look at Bitcoin

A powerful Senate committee has started an inquiry into Bitcoin and other virtual currencies, asking a range of regulators to list what safeguards are in place to prevent criminal activity.

The Senate Committee on Homeland Security and Government Affairs in an Aug. 12 letter to Secretary of Homeland Security Janet Napolitano also said it had started interviewing people about the risks — and promises — of virtual currencies.

Virtual currencies "can be sent nearly anonymously, leaving little or no trail for regulators or enforcement agencies," said the letter, which was signed by committee Chairman Tom Carper, a Democrat from Delaware, and ranking member Tom Coburn, an Oklahoma Republican. REUTERS

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## Crochet artist turns train into yarn

Crochet artist Olek, whose real name is Agata Oleksiak, has completed her largest "yarn bomb" to date, covering a full-scale Px48 steam locomotive engine and carriages in crochet. Olek worked around the clock for two days in Poland to cover the train in yarn. / METRO WORLD NEWS

# Hospital worker pleads guilty in hepatitis case

**Deadly.** The disease can cause liver damage, as well as other health issues, and can be fatal.

A former hospital technician in New Hampshire who caused patients as old as 80 to become infected with hepatitis pleaded guilty to leaving dirty syringes for hospital use after he injected himself with stolen painkiller.

The technician, David Kwiatkowski, had previously admitted to knowing that he was infected with hepatitis C.

In papers filed on Monday in federal court in New Hampshire, Kwiatkowski told police after his arrest in July 2012 that he realized his actions could "kill a lot of people," according to court papers.

He was working at Exeter Hospital in early 2012 when he began stealing syringes of the powerful pain medication Fentanyl. Hospital workers unwittingly used the refilled dirty needles on patients.

Kwiatkowski estimated he swapped out syringes on about 50 occasions while working at Exeter Hospital. He said he had also swapped out syringes at least 20 times when he worked in Kansas and 30 times in Georgia, court documents said.

After he began working at Exeter Hospital in 2011, hospital officials identified several unexplained cases of hepatitis C, and an investigation showed the outbreak came from drugs diverted by Kwiatkowski, who denied knowing that he had the disease.

Police searched his car and found an empty syringe with a blue "Fentanyl" label similar to those used at Exeter Hospital, along with several needles, one containing Kwiatkowski's DNA. REUTERS

**Guilty**

**7**

He pleaded guilty to seven counts of tampering with a consumer product and seven counts of obtaining controlled substances by fraud. The charges carry a 30- to 40-year prison sentence.

**Quoted**

**"It was all me. ... And I'm going to kill a lot of people out of this. ... I'm killing a lot of people."**

Kwiatkowski
told investigators

**Beef plant**

## Video of 'lame' cattle stirs concern over growth drugs

At a beef industry conference in Denver last week, the animal health auditor for meat producer JBS USA presented a video showing short clips of cows struggling to walk and displaying other signs of distress. The animals appeared to step gingerly, as if on hot metal, and showed signs of lameness, according to four people who saw the video.

The people in attendance said the video was presented by Dr. Lily Edwards-Callaway, the head of animal welfare at JBS USA, as part of a discussion on the pros and cons of using a class of drugs known as beta-agonists, the additives fed to cattle in the weeks before slaughter to add up to 30 pounds to bodyweight and reduce fat. REUTERS

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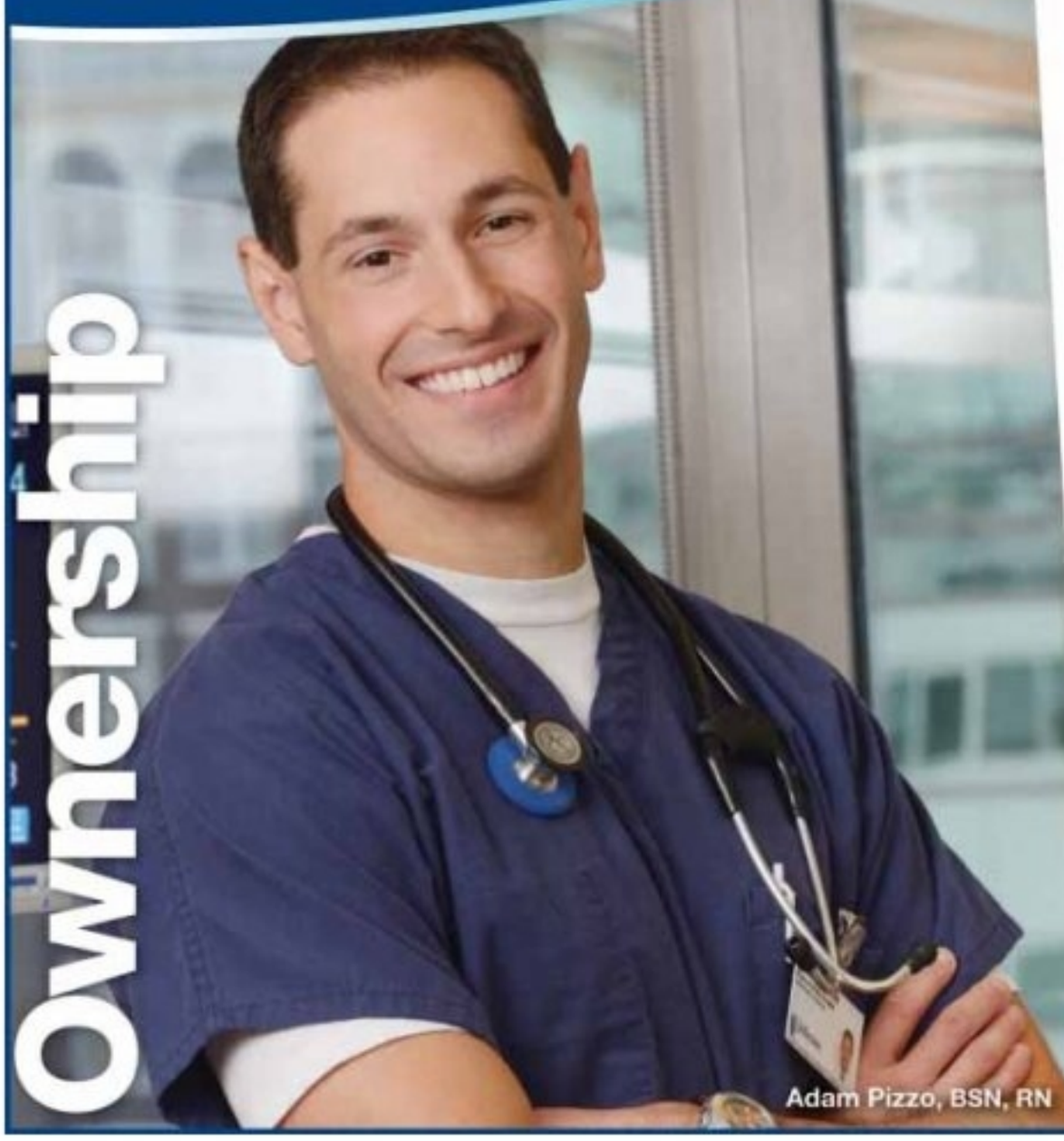

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# 2 CULTURE

**Twitter feed**

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Dwayne Johnson is full of useful advice and Joss Whedon knows what's going on.

@TheRock: Those looking to break into the entertainment biz - don't commit to fame. Commit to being great at what you do. Be relentless. Be great.

@josswhedon: SEXY SINGLES IN YOUR AREA are meeting sexier singles in your area & will surround your area with sexy sex while you stare at vodka

## Miley Cyrus knows she is white, m'kay?

Miley Cyrus, who is white, teamed up with French Montana, who is Moroccan, for a remix of his hit song "Ain't Worried 'Bout Nothin.'" A video portion of the collaboration was put out onto the Interwebs on Monday. In the grainy video, Cyrus raps about "having thick chicks" and "stuntin' during Fashion Week."

In response to the clip, comments poured in — many of which were quite racially motivated — to which Cyrus replied via Twitter, "I know what color my skin is. you can stop with the friendly reminders b — h."

It's been interesting to watch the singer, who brought twerking into the mainstream, shed her Disney background and play her career and artistic self the way she wants to play it — no genres, no boundaries, no rules. Who would have thought she would be the most color-blind celeb out there?

WHITE DISNEY STARS CAN'T RAP? SAYS WHO? FILMMAGIC

## Usher's son released from hospital

After a scary week in which Usher's son, Usher Raymond V, known as "Cinco," was in the ICU after a near-fatal drowning accident, the 5-year-old was released on Tuesday.

In an emergency custody hearing on Monday, Usher's ex-wife, Tameka Foster Raymond, tried to get Usher's primary custody rights changed. But the judge ruled with the singer; Cinco and his brother, Naviyd, 4, will remain with him.

## THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
@dorothyatmetro
dorothy.robinson@metro.us

MAYIM BIALIK FILMMAGIC

## Bialik talks about divorce

Mayim Bialik, the actress and outspoken advocate of all things natural and motherhood (co-sleeping, attachment parenting, etc.), is now writing about her divorce on the website Kveller.com, a site for Jewish mothers. "I wanted to write about some of the more complicated aspects, and specifically there's certain things to Jewish divorce that people don't know about," she tells Access Hollywood Live.

The Oprah Winfrey controversy continues. / GETTY IMAGES FOR TWC

## Oprah backtracks from Swiss Handbaggate

Look. Someone refuses to show Oprah Winfrey a $35,000 handbag and of course it becomes an international incident. But now the entertainer wishes everyone hadn't made such a big deal about not being able to buy it because the store clerk assumed she couldn't afford it. "I think the incident in Switzerland was just an incident in Switzerland," Winfrey says, according to the BBC. "I'm really sorry that it got blown up. I purposefully did not mention the name of the store. I'm sorry that I said it was Switzerland. It's not an indictment against the country, or even that store. It's just one person who didn't want to offer me the opportunity to see the bag."

**Talking point**

### Mom Beckham: We're normal!

In the September issue of Vogue Australia, Victoria Beckham claims that her family is "much more normal than people think," but the events surrounding her shoot for the issue contradict that claim. A scheduling conflict came up, with Beckham needing to be at a parent-teacher night at son Brooklyn's school after the photo shoot. "The shoot almost didn't happen," editor-in-chief Edwina McCann says. "Her people decided she could make the trip by chopper directly from the shoot if need be."

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# Celebrities. August is the perfect time to wear white dresses

**1 Emma Roberts** wore this cute little number to "Late Night With Jimmy Fallon" last Thursday.

**2 Courtney Stodden** did not cover up at all in this skin-tight micro-skirt for a party at the Chateau Marmont last Thursday.

**3 Olivia Wilde** dressed up her simple white dress with a leather jacket last Wednesday in L.A.

**4 Jane Seymour** at the premiere of "Austenland" on Thursday.

**5 Gwyneth Paltrow**, along with daughter Apple, attended ninth annual Authors Night at The East Hampton Library on Saturday.

**6 Rachel McAdams** wore a white Roksanda Illincic gown to the premiere of "About Time" at Somerset House in London on Thursday.

GETTY IMAGES


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Katherine W. Bauer, PhD Temple University, The Center for Obesity Research and Education 3223 N. Broad St. Suite 175 Philadelphia PA 19140

# Tough 'JOBS' but somebody's gotta do it

**Movies.** Ashton Kutcher went all out in channeling Steve Jobs for his latest role.

Ashton Kutcher takes on the role of young Apple brain Steve Jobs in the new biopic "JOBS," out Friday. GLEN WILSON

Ashton Kutcher knows you were skeptical of his ability to portray Steve Jobs. But that only further propelled him to effectively honor the late Apple great.

"It sucks to be judged before you even have a chance to prove yourself, but that's the world that we live in," the 35-year-old actor says. "For those people, their day will come when people judge them and want to hold their feet to the fire for mistakes or something they haven't done yet. I like a good challenge — tell me I can't do something."

To play the tech wiz in "JOBS" — which chronicles Apple's beginnings and the business obstacles that came after it found success — Kutcher threw himself into the lifestyle that Jobs led, even landing in the emergency room after following the fruitarian diet of which Jobs was a proponent.

"I read a book by this guy Arnold Ehret, which was a book that Steve read, called 'The Mucusless Diet Healing System,'" Kutcher recalls. "I think the guy who wrote that book was pretty misinformed, and my insides got messed up and my pancreas kind of went crazy. The levels were really off, and it was really painful."

Stepping into that black turtleneck (at least for one scene) was a character study for Kutcher, who says he had never met Jobs and only "had a mild appreciation for the products he created." But shedding light on Jobs the human, who had flaws just like the rest of us, was important to the actor.

"I just wanted to honor his legacy and do so honestly," he says. "I didn't want to glorify him. I didn't want to vilify him. I just wanted to tell the truth. There's a lot of conflicting stories, but we just tried to tell the most honest interpretation of his story that we could."

Some might be surprised to see those less-than-admirable moments play out on-screen, like when Jobs' temper gets the best of him. But Kutcher says there was a method to the genius' madness.

"You see these old-school football coaches screaming at their players, but their whole goal is to make the players better," Kutcher says. "[Jobs] had a blunt honesty that most people are afraid to have. He actually cared enough about the end result that it was OK if you didn't like him."

MEREDITH ENGEL
meredith.engel@metro.us

Unplugging

## Going feral

During our chat, Kutcher had his white iPhone out on the table — but he swears he can go without Jobs' arguably most indispensable invention. "I actually test that once a year. I do a week of technology cleansing. I put my iPhone away, don't turn on the TV, no music, no anything, and try to get all that stuff out of my life — eliminate the distractions and make sure that I'm still focused on the things I want to be focusing on," Kutcher says. "A lot of times, these things ... become great distractions and prevent you from being in the moment. I have a little bit of a survivalist part of me that wants to know that if everything else falls apart, can I still maintain myself and the people I care for?"

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TV watch list

JUGGALOS

## 'Insane Clown Posse Theater'

We can't believe we just found out that THIS is a thing. ICP give their opinions about popular music and Internet videos. F—in' videos, how do they work?

**11 P.M., FUSE**

REALITY

## 'Extreme Cougar Wives'

So, apparently this is a special about sexy older ladies who prey upon nubile young men — but, like, in an extreme way. We're not sure if that refers to the extremity of the age differences between the women and their beaus or the voracity of their later-life sexual appetites, but, either way, we're intrigued.

**9:30 P.M., TLC**

This — a moment from "Extreme Cougar Wives" — is an extremely sexy situation. / TLC

REALITY

**PREMIERE, 10 P.M., A&E**

## 'Duck Dynasty'

In the fourth season premiere (enough people watch this show to warrant four seasons?) of the reality show about an inexplicably successful family of duck hunters, a surprise wedding is planned. A shotgun wedding perhaps? **SEASON**

LATE NIGHT

## 'Jimmy Kimmel Live'

Tonight's guests are Oprah and Christopher Mintz-Plasse. Love us some McLovin' — but who is this Oprah person? **11:35 P.M., ABC**

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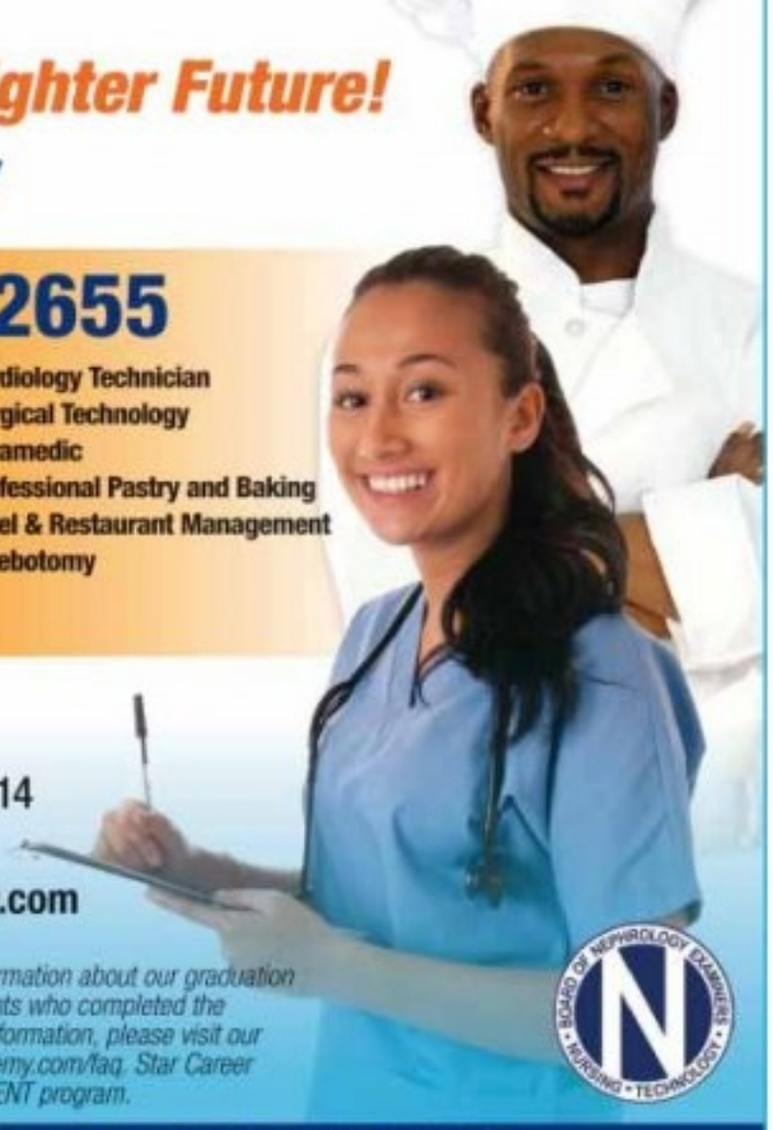

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# Venturing into Unknown Japan

**Cinema.**
PhilaMOCA is showing rare Japanese films.

"Summer Time Machine Blues" kicked off the Unknown Japan series. / PROVIDED

The Unknown Japan series, presenting rare Japanese films that have never been released in the U.S. in any format, is in its sixth season. But for curator and PhilaMOCA director Eric Bresler, the fascination with Japanese film dates back much further.

"It was the first realm of international cinema that I ever sat down and studied seriously," Bresler says. "That goes way back to high school and watching boutique VHS label releases of Japanese films. Film for film, I've always found it to be the most enriching of all world cinemas."

Through the biannual series, Bresler brings the fruits of his particular obsession to Philadelphia audiences. While some might take such an opportunity to binge on some of the extremely odd fare that the country has been known to produce, Bresler aims for a more wide-ranging sampling. "The whole idea is to introduce both Japanese movie lovers and the uninitiated to this worthwhile world of cinema," he explains. "So, the films are obscure and they're rare, but I also always make sure that they're accessible."

The current six-week series runs the gamut from 1950s family fare to late-'60s new wave romance to a contemporary commercial film about collegiate time travelers. While he purposely programs with diversity in mind as far as genres and time periods, Bresler keeps the season in mind for both his summer and winter series.

This round began with "Summer Time Machine Blues" (2005) and will end with 1968's "Farewell to the Summer Light," set during the end of summer as the season transitions into fall.

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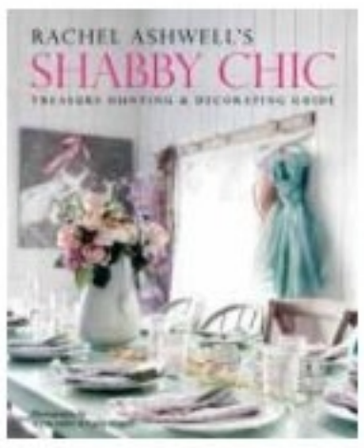


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"Flea market shopping is not instant gratification. It's not Pottery Barn or Restoration Hardware, where you go online and you click and buy 12 things. But I find it the most pleasurable way to shop. In the end, you have collections of pieces with meaning and uniqueness."

Ashwell

Floral fabrics give old boxes a classic Shabby Chic look. / ALL PHOTOS BY WYNN MILLER & CATHY MOGILL

# Treasure hunting with Rachel Ashwell

Even though it's been 15 years since Rachel Ashwell's "Shabby Chic: Treasure Hunting & Decorating Guide" was released, the queen of thrifting still sees people walking around flea markets with the classic tome in hand.

"It's become a little bit of a flea market bible," she admits.

Well, navigating those antique-filled aisles just got a bit easier as HarperCollins recently re-released the book in paperback. To further help your scavenging adventures, we checked in with Ashwell for tips on scoring the best trinkets and treasures.

## Remember: The early bird gets the worm

"Start early. Be there the minute the market is open, if not before. You gotta find those treasures. If you snooze, you lose."

## Have a game plan

"When I go clothes shopping I get overwhelmed if I don't have my shopping list and end up coming back with nothing. If you're a specific shopper, then have items in mind."

## Measure first

"Know the size of a table or cabinet you're looking for, and not just the size of where it's going live, but how it's going get there. There's nothing worse than measuring for a beautiful, big cabinet but it has to go through a teeny hallway."

## Know when to negotiate

"Before I even look at a tag, I ask myself, 'What's the most I'll pay for that mirror?' So I already know where the price needs to be. If it's higher than that price, I'll ask respectfully, 'I'm sure it's worth that, but for my purpose I can only pay $50. I don't want to insult you, but I'd love to buy it for that. If not, no hard feelings.'"

## Don't go crazy with tchotchkes

"As long as an item is beautiful and functional — meaning as long it gets used. I can't bear curiosity cabinets that are just filled with pretty things that are never going to get used. So make sure it has a purpose before you buy it."

## Perk it up with paint

"I like to find things that have authentic paint on them. I love the original patina. But obviously, if you go to garage sales, you can find these huge tables or cabinets that cost nothing because they're an awful dark mahogany. Paint can really go a long way with bringing something back to life."

## Get lamps checked professionally

"No matter what, I always get any vintage lamps and lights checked by a professional, even if they've been re-wired. I still go that extra mile just to make certain."

## Spruce up your finds

"When I find authentic pieces I like to embrace it's authenticity, i.e. its finish. Then I like to give it a little bit of a new life with perhaps some new or vintage hardware. Also, make sure to clean items well first. I use a big bucket with warm water and soapy suds with a sponge. Sometimes drawers or cabinets are very musty. Try lining them with wallpaper, that gives it a nice fresh feel."

Rachel Ashwell says her favorite place to flea market in the U.S. is Round Top, Texas.

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# Creating a community for LGBT seniors in heart of Gayborhood

**Living.** No longer will these seniors be banished to the 'burbs.

The apartment building will also feature commercial space. / PROVIDED

The construction at 249 S. 13th St. may look, from street level, like a regular apartment building, but there's more there than meets the eye. The upcoming John C. Anderson Apartments, scheduled to be completed by early next year, will be affordable, LGBT-friendly housing in the heart of the Gayborhood. It will be the second building of its kind in the country.

Of course, LGBT housing does not mean that straight residents are banned. "That would be discrimination, which is what we're working against," says Mark Segal, publisher of Philadelphia Gay News and president of the Dr. Magnus Hirschfeld Fund (dmhFund).

**dmhFund**

**The Dr. Magnus Hirschfeld Fund, named for a 19th century German doctor, raises funds for LGBT causes, including HIV/AIDS education, housing and anti-discrimination campaigns.**

"Besides," he points out, "no affordable senior housing is specifically for one group. The Jewish Federation isn't only for Jewish people."

The Anderson apartments will work as a place where senior members of the LGBT community can live and function without discrimination.

"One of the issues of creating a good community is to take care of the most endangered members," Segal says. "In this case, it's the seniors. We know too many LGBT seniors in other buildings that have been mistreated by neighbors and building employees. This is a place where they will come and be respected."

The other major aspect of the 56-unit building is that apartments in it will be available to low-income residents. "The seniors are our first gay activists," explains Segal. "They're our heroes. Yet many of them are forced to live in the suburbs because that's what they can afford. Now, they'll be able to cherish and live in the community that they helped to build."

In addition to residential space, the building will provide 1,700 square feet of to-be-determined commercial space. "That was something that the city wanted," says Segal. "It's to help liven up the streets."

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# Tried and tested: Can a DD cream really do it all?

Julep's new DD cream promises to "moisturize, prime, perfect and protect." / INKSTOCK

**Beauty.** The first ever DD cream has just hit the market. Is it good enough to convert our BB-loyalist staffer? She gives it a whirl.

According to the press release, Julep's DD cream will "moisturize, prime, perfect and protect — both instantly and over time." That's a big claim. But it is, after all, labeled a "do-all." The formula doesn't contain harmful chemicals such as parabens and phthalates, but it does come packed with a lot of other things such as anti-aging agents, anti-oxidants and a mixture of hibiscus and olive extracts.

The stuff that comes out of the tube is thick and dark, but surprisingly blends easily into my skin, which now feels soft and smooth. Do I see a faint glow? I take the cream for a test drive on a hot, sticky day. My face doesn't feel greasy in the slightest. But when it comes to coverage, it's almost too discreet. By layer three, I give up trying to hide a small red patch on my upper lip and a blemish on my cheek. I'll have to use my BB cream for that instead.

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This app records your sleep.
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Meteorology is not a science. Well, it is — just a wildly inaccurate one.

Doppler Radar systems regularly go Chicken Little, predicting storms and thunder that never materialize. But even a confidently delivered "no chance of rain" in no way means there won't be a freak torrent that soaks us down to the bone.

And yet as nervous smartphone users, we remain tethered to meteorology, on the off-chance the predictions are right. The weather app that comes with most smartphones is garbage, and even the trusty Weather Channel app can be a bit meat and potatoes.

If you like a lot of form and just enough functionality to get you by, then Solar is your friend. Attractive minimalism is its bread and butter, with wallpaper that changes colors depending on what it's like outside. It's an app for people who live very much in the now — which is to say it only offers weather into the next three days.

Weathertron could be softer on the eyes, but you'll wind up more in the know. The format divides things in two: temperatures on the bottom, precipitation up top. It's not pretty like Solar, but it has more stats, so you'll have a better clue of what your week, and not just the semi-immediate future, has in store.

Then again, how often is meteorology right anyway?

## Sleep Talk Recorder

**Platform:** iOS
**Price:** 99 cents

A relatively small percentage of us talk in our sleep, and though what we say may never give a full portrait of the crazed things our brains feed us, something is better than nothing. Sleep Talk Recorder is simple: Set your phone near your head, press the green button and it will start recording whenever you start speaking. Then listen to what you muttered in the morning. Better yet, use it on loved ones and gain unique, horrific insights into their subconscious.

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# Avoid the dreaded vacation weight gain

**Summer health.**
Easy ideas for coming back home without tighter clothes.

Souvenirs aren't the only extra baggage people often bring home from summer vacations. What with all the eating and drinking and lazing on the beach or by the pool, the hard work getting into shape for the beach can be easily undone. We asked Peter Lavelle, founder of and trainer at Ultimate Bootcamp, New England's largest outdoor fitness organization, for tips on arriving home flab-free.

Take advantage of fitness opportunities you may not regularly have at your disposal — like kayaking. / DIGITAL VISION

## Pack sneakers!

"If you're in flip-flops, you're far less likely to keep moving throughout the day," he says. "Wear sneakers, which allow you to sightsee and move from place to place without your legs and feet becoming tired quickly."

## Don't just lie there

"It's easy to see vacation as laying on a beach," Lavelle says. "There's no reason it shouldn't be, but you can earn that beach time by going on some excursions. The more active the excursion, the better. Kayaking, snorkeling and hiking are all great ways to stay active. Rent a couple of bikes and see where it takes you. While you're out there having a blast, you'll be burning the calories too."

## Pack an exercise band

"You'll be more likely to do some muscle-sculpting in your hotel room," he says. "Do some exercises before breakfast or while waiting for the shower. If you don't own a resistance tubing band, buy one that comes with a chart of exercises."

## Stay slim, stay cool

If you're in a warmer climate, "beat the heat by choosing cold menu items," Lavelle says. "Salads and other cold dishes are less likely to be fried and more likely to get you your daily fiber dose."

## Water up

"Staying hydrated, especially in sunny spots, is imperative. Chugging extra water isn't just good for your health, it will also make you feel fuller, longer," he says.

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# WHY YOUR BACK HURTS, AND WHAT YOU CAN DO

The Doctor Will See You Now

DR. MARK MELROSE

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Mark Melrose, DO, is a board-certified emergency physician at Urgent Care Manhattan. E-mail him your questions at askdrmark@metro.us.

**Sometimes my back hurts when I wake up in the morning. Could this be serious?**

Your spine is like a series of building blocks, one vertebrae on top of another, and any misalignment may put undue stress on anatomic structures, including ligaments, muscles, cartilaginous discs and nerve roots. These can cause pain when injured, worn out or inflamed.

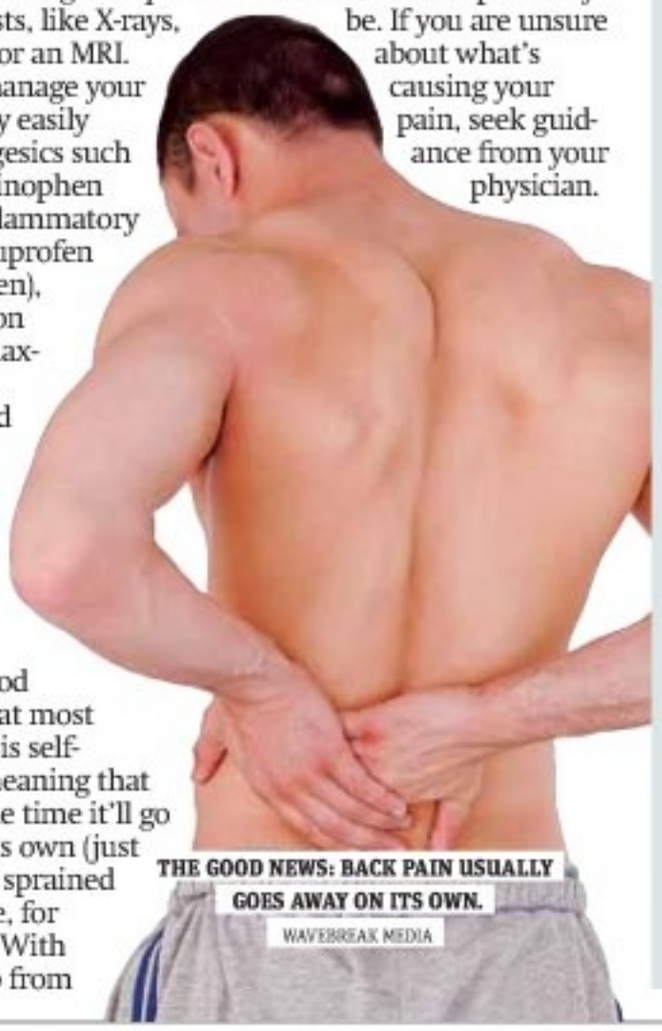
After the common cold, back pain is the second most common reason that Americans seek medical attention. Back pain affects almost 10 million people and is the most common cause of disability under age 45.

During an exam, your physician should take your history and do a complete neurologic assessment, looking at your range of motion, strength, sensation, reflexes and gait.

The most common causes of back pain are muscle and ligamentous sprains and strains. Herniated discs, arthritis or spinal stenosis (narrowing of the spinal nerve canal and nerve root openings) may result in more severe or chronic pain, with radiation of the pain, numbness or tingling down the leg (this is called sciatica). Your doctor might request further tests, like X-rays, a CT scan or an MRI.

You can manage your pain pretty easily with analgesics such as acetaminophen or anti-inflammatory agents (ibuprofen or naproxen), prescription muscle relaxers, a few days of bed rest, ice or heat, spinal manipulation or physical therapy.

The good news is that most back pain is self-limited, meaning that most of the time it'll go away on its own (just like if you sprained your ankle, for example). With some help from your physician or other health care provider (massage therapist, chiropractor, acupuncturist) it will get better in six to eight weeks, no matter what the specific source of musculoskeletal pain may be. If you are unsure about what's causing your pain, seek guidance from your physician.



THE GOOD NEWS: BACK PAIN USUALLY GOES AWAY ON ITS OWN.

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**Your physician's task is to identify the small group of patients whose condition exhibits red flags, suggesting an ominous source of pain that requires in-depth evaluation. The three main goals of any back pain examination are:**

- Exclude of underlying conditions such as cancer or vascular disease. Examples of non-musculoskeletal causes of back pain include kidney stones and pancreatitis.
- Detect neurologic emergencies requiring surgery that may result from nerve root or spinal cord compression, or trauma. These may be caused by herniated discs, fractured vertebrae or cancer that spreads to the spine.
- Identify psychosocial factors influencing pain perception, such as depression or dependence on painkillers.

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# Solving beach body phobias, for good

Five simple moves from Tony Martinez, Britney Spears' trainer.

ROMINA MCGUINNESS
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## I have a tummy roll and back fat

**Do side-to-side mountain climbers**
**Get into it:** Start off in plank: elbows and knees on the ground, hands locked together, straighten your legs and raise your body, using the balls of your feet for support and keeping your legs hip-distance apart. Bring your right knee to your left elbow, go back and immediately switch sides, bringing your left knee to your right elbow. Staying in plank, shuffle to the left and repeat the exercise. Now shuffle to the right and repeat. Do 10 reps/2-3 sets/2-3 times a week.
**Benefits:** Crunches work the core, but add an element of cardio to your strength training to shave off fat.

## My thighs touch and get sandy, so I get a rash

**Do side-to side lunges**
**Get into it:** Stand with your feet parallel and hip-width apart. Lean to the right side, touch your ankle for a second and come right back up. Now lean to the left, touch your ankle and come back up. Do 10 reps/2-3 sets/2-3 times a week. Have no more than a 15-second rest between each set.
**Benefits:** This move will help shape, tone and tighten the inner and outer thighs as well as the hips and glutes.

## I have a flat, saggy butt

**Do bear crawl butt squeezes**
**Get into it:** When we walk, we always go forward. So let's try going backwards. Get yourself in a push up position. Lift the right leg up and pulse it five times. Now take two steps (or hops) back. Pulse that leg five more times and once again step or hop back two steps. Do five sets of five pulses (hopping/stepping back between each series of pulses) before switching to the left side. Do 10 reps/3 sets/2-3 times a week.
**Benefits:** This will firm and tighten your butt by firing up your glutes.

## My arms jiggle

**Do a one-arm bicep curl, then a one-arm tricep kickback**
**Get into it:** Grab a resistance band. Stand with your legs hip-width apart. Stand on one end of the band with your right foot and grab the other end with your right hand. Place that hand on your thigh. Lift your left leg off the ground so that you're balancing on the right leg. Turn your right wrist in and curl your hand in toward your right shoulder. Now bend your knee 30 degrees and bring your right arm back, almost like you're swinging a hammer behind you. Bring yourself back to standing. Repeat on the left side. Do 10 reps on each side/2-3 sets/2-3 times a week.
**Benefits:** This shapes and strengthens the bicep and tricep muscles, making your arms look lean.

Smart nutrition

## What to eat

If you want to lose a few pounds fast, lower your portion size and include protein: "Protein makes you feel fuller and helps you generate lean muscle mass," explains Martinez.

## I have man boobs

**Do chest presses**
**Get into it:** Fix a resistance band under a door. Hold the band with both hands, arms up in a "W" position. Balancing on your right leg only (you want to stand in a flamingo position), bring your right arm out at a 45-degree angle and then bring it back in. Switch sides. Do 15 reps/2-3 sets/2-3 times a week.
**Benefits:** No man boobs

## Horoscope

**♌ Leo | July 23-Aug. 22.** Think before you speak. Problems will develop between you and someone you care about if you aren't diplomatic.

**♍ Virgo | Aug. 23-Sept. 22.** Share your talents and enjoy interacting with the people you encounter. New friendships will lead to unusual opportunities.

**♎ Libra | Sept. 23-Oct. 22.** Devote some time to getting ahead. The extra attention to detail will pay off as long as you don't bite off more than you can chew.

**♏ Scorpio | Oct. 23-Nov. 21.** Let your emotions lead the way. You can expand your awareness and interests if you follow your heart.

**♐ Sagittarius | Nov. 22-Dec. 21.** Express your ideas and plans in clear, concise language. Listen to the suggestions of others. Success can be yours as long as you are realistic.

**♑ Capricorn | Dec. 22-Jan 20.** Stick to what you know and steer clear of impulsive or erratic people. You can achieve stellar results if you have the facts and figures to back your actions.

**♒ Aquarius | Jan. 21-Feb 18.** Limitations are likely, but they mustn't be allowed to get in the way of your goals. If you look for ways to overcome obstacles, you will impress onlookers with your resourcefulness.

**♓ Pisces | Feb. 19-March 20.** There is money to be made if you have a mind to it. An old idea can be recycled to suit the consumer climate. Love is looking positive.

**♈ Aries | March 21-April 20.** Don't share information until you are sure that your plan will work. Refrain from being impulsive.

**♉ Taurus | April 21-May 21.** Problems with partners, children or money will surface if you haven't budgeted wisely. Get your priorities straight and do what's necessary.

**♊ Gemini | May 22-June 20.** Offer suggestions but don't do the work that someone else is responsible for. Focus on home.

**♋ Cancer | June 21-July 22.** A vacation that encourages thought, inspiration and motivation would pay for itself. Talk to people who can shed light on an idea.

BERNICE BEDE OSOL

## Sudoku: Easy and hard

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | | 7 | 6 | | 4 | |
| | | | | | | 1 | 7 | 2 |
| 2 | 3 | | | | | | 5 | 6 |
| 4 | | 1 | | 2 | | | | 5 |
| | | | 8 | | 9 | | | |
| 3 | | | | 6 | | 2 | | 9 |
| 6 | 8 | | | | | | 2 | 3 |
| 7 | 5 | 9 | | | | | | |
| | 2 | | 5 | 4 | | | | |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 8 | | 5 | 9 | | | | |
| 3 | | 1 | 2 | | 6 | | 7 | 5 |
| | 9 | | | | 7 | | | |
| 9 | | 7 | | | | 1 | | 2 |
| | | | | | | | | |
| 8 | | 4 | | | | 7 | | 3 |
| | | | 3 | | | | 1 | |
| 6 | 5 | | 7 | | 1 | 3 | | 9 |
| | | | | 5 | 2 | | 4 | |

**How to play**
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Letters

### *Ideas for quality time*

**Re: 'How to help your children relax' (Metro, Aug. 13)** I read your article and I just wanted to say thanks. As a busy mom, you have no real time with your children. The belly exercise, positive self talk, imagine a special place and encourage expressing feelings suggestions are so important. I started doing this with my three children and they love it. This is our special time together — thanks.

TANYA ABREVAYA, VIA EMAIL

### *Metro: Your go-to paper for common sense*

**Re: 'How to hack your commute and relax' (Metro, Aug. 12)** I owe an eternal debt of gratitude to your newspaper, having just read your feature. Wow! Life-changing stuff! If I hadn't had the good fortune of coming across this article, I would never have known to get up on time to catch my train, read a book or follow your suggestion to do nothing on my way to work.

SABINE KALOUTIAN, VIA EMAIL

## Online

### Read letters at Metro.us

In addition to news, features, updates and more, Metro is posting letters to the editor at Metro.us.

### letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

## New!

You can use your smartphone to discover today's crossword answers — right now! Download and open the Blippar app on your smartphone and hold the screen over the puzzle — it's that easy!

Interactive Crossword

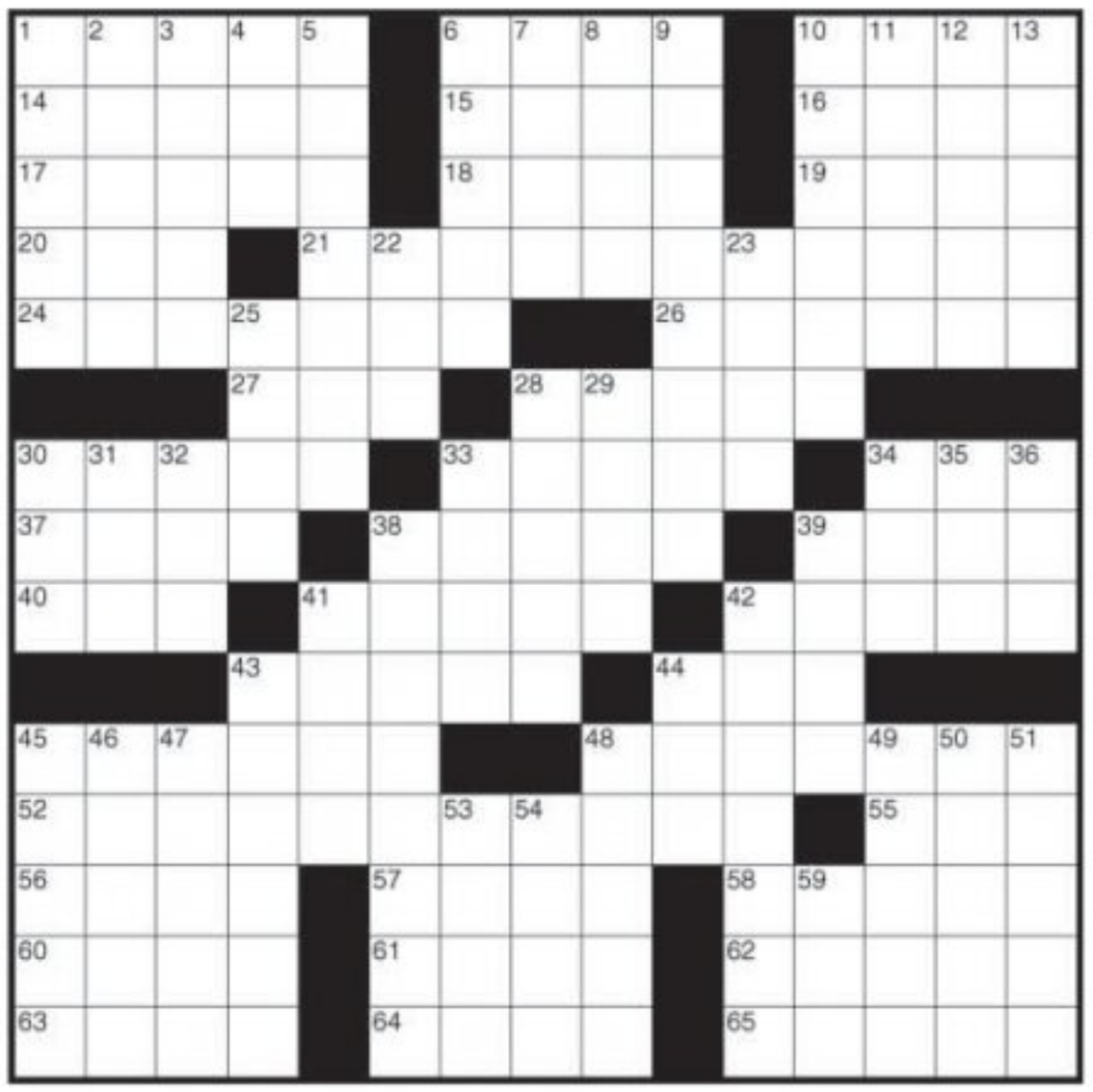
## Crossword

**Across**

1 Utter chaos
6 Canute's foe
10 Down Under rockers
14 Ms. Massey of film
15 Early toon clown
16 Mies van der —
17 Throws a party for
18 Foreign-exchange cost
19 Coffee source
20 Temper
21 Absolutely (2 wds.)
24 Fishing spots
26— wheel
27 Electrical unit
28 Trims back
30 Mongol tents
33 Rafter
34 Cajole
37 Fr. ladies
38 Nader or Bellamy
39 Della Street's penner
40 Military addr.
41 Advances
42 Twice as tricky
43 Chops fine
44 Aunt or bro.
45 More sore
48 Cape waver
52 Backstage necessity (2 wds.)
55 Finish the cupcakes
56 Genuine
57 Feels crummy
58 Supple
60 Icicle locale
61 Sugar amts.
62 Sen. Kefauver
63 Barely scraped by
64 "No sweat!"
65 Mall tenant

**Down**

1 Platter players (hyph.)
2 On the lookout
3 Franchise exerciser
4 "The loneliest number"
5 Algiers districts
6 Approves
7 Trademark
8 Quite similar
9 Sole, e.g. (2 wds.)
10 Where roses climb
11 Pierre's heart
12 Abu —
13 Pennies
22 Comic – Philips
23 Govt. branch
25 911 staffers
28 Winter ailments
29 Cup edges
30 Five-octave Sumac
31 Strike caller
32 — Speedwagon
33 Tarzan's mate
34 Dryly humorous
35 Flamenco shout
36 Poet's contraction
38 Make over (hyph.)
39 "First Lady of Song"
41 Twists the truth
42 Comes to terms
43 Rang up
44 Left in a hurry
45 Jibe with
46 Spooky noise
47 "Ho" preceder
48 Young girl
49 "Same here!"
50 Yellow pigment
51 Ms. Witherspoon
53 Galileo's home
54 Brenner Pass locale
59 "Hobby" ender



**Yesterday's answer**

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| F | U | N | G | I | ■ | P | A | L | E | ■ | M | I | C | A |
| A | S | I | A | N | ■ | I | L | E | S | ■ | O | N | U | S |
| D | E | L | I | S | ■ | T | O | W | T | R | U | C | K | S |
| ■ | ■ | ■ | E | T | C | H | E | D | ■ | A | S | H | E | N |
| C | E | R | T | I | F | Y | ■ | ■ | P | T | S | ■ | ■ | ■ |
| O | N | E | I | L | L | ■ | E | M | C | E | E | I | N | G |
| G | R | U | E | L | ■ | S | T | A | B | S | ■ | B | Y | U |
| N | I | B | S | ■ | D | O | U | G | S | ■ | C | E | L | L |
| A | C | E | ■ | R | I | N | D | S | ■ | C | A | R | O | L |
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| S | T | O | N | E | ■ | P | L | U | N | G | E | ■ | ■ | ■ |
| H | O | L | D | W | A | T | E | R | ■ | A | D | A | G | E |
| A | R | I | A | ■ | C | A | N | S | ■ | T | I | B | E | R |
| W | O | O | L | ■ | T | H | A | T | ■ | E | N | A | T | E |

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3 SPORTS

Watch online

Find video and a recap of yesterday's Phillies-Braves game at: **Metro.us /sports.**

**Flight patterns**

**News and notes from yesterday's Eagles practice at the NovaCare Complex.**

- Chip Kelly indicated the ones, including Nick Foles and Mike Vick, will play the first and second quarters tomorrow night, if time allows. "Does that mean it's going to be by series or whatever? It depends on how many snaps and how long the series are," Kelly said.
- Rookie Matt Barkley played with the ones in yesterday's walk-through. Kelly said, "Read into it what you want to read into it."
- Left tackle Jason Peters missed practice again. His status for the second preseason game is uncertain. RB LeSean McCoy and CB Cary Williams are expected to play.

# Harbor embodies your 'next man up'

**NFL.** The Eagles' tight end is getting reps at wideout this week after injuries ravaged the team's receiving corps.

Clay Harbor played wide receiver in high school and was recruited to play there in college. / GETTY IMAGES

"Next man up" has long been the NFL rallying cry when dealing with injuries.

The phrase usually applies to a backup stepping up and replacing a starter. The Eagles are so thin at receiver that it is transcending positions. Clay Harbor has spent the last few days taking reps at wideout. Harbor is a tight end by trade.

"We felt he was the one tight end that probably has the speed and athletic ability to move all the way outside," coach Chip Kelly said. "All of our tight ends know how to play inside receiver, and you see those guys flexed a lot. I think Zach Ertz could do the same thing. But we don't want to put it on Zach's plate right now."

Harbor, who caught three passes for 47 yards in the preseason opener, was recruited as a receiver in college.

"I can play either one," Harbor said. "I think that's what their thinking is. I'm getting familiar with it."

The Eagles also made a trade to improve their receiving depth. The team acquired Jeff Maehl from Houston for offensive lineman Nate Menkin. Maehl sat on the sidelines as an observer at yesterday's practice. He played under Kelly for four seasons at the University of Oregon.

"I think he'll be able to add value to us not only as a receiver, but as a special teams player," Kelly said. "I think that's one of the things. ... Jeff came to Oregon as a safety and we moved him because of injuries to receiver, [so] he's got a defensive back mentality. He's had games where he's caught a 70-yard touchdown pass, and on the next play on the kickoff, he made the tackle on the 10-yard line."

MICHAEL GREGER
michael.greger@metro.us

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Notice is hereby given that undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **8/27/2013 at 1PM** at the Safeguard Self Storage facility located at **3300 Frankford Ave, Philadelphia, PA 19134**. The personal goods stored in the following units by the following tenant(s):

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1002 Juan G Jimenez-Cruz, 1105 Elijah Mitchell, 1117 Anthony M Cassom, 1506 Carmen Berrios Rivera, 2102 Stefon D King, 2319 Tracie Nadera Riddick, 2401 Ruth Carrasquillo, 2518 Michael Spencer, 2519 Shakree Norfleet, 2607 Basil David Marciel, 2704 Glenn Robert Wilton, 3312 Mark Sherfield, 3409 Kelyona Devine, 3412 Kimberly Dell, 3435 Tonya M Waller, 3709 Rhonda Williams, 3711 Malto Medina, 4114 Tamara Allen, 4116 Carlos Harmon, 4501 Maria Torres, 4505 Zakwanza R Wilder, 4522 Jacqueline Smith, 4704 Lynn A Manning

Purchases must be made with cash only and paid in full at the time of sale. All goods are sold as is and must be removed at the time of purchase. Sale is subject to adjournment. Safeguard Self Storage, Inc.

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Notice is hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **8/27/2013 @ 11:00AM** at the Safeguard Self Storage facility located at **1221 N. Broad Street, Philadelphia, PA 19122.** The personal goods stored in the following units by the following tenant(s):

safeguard self storage

0109 Keosha Diaz, 0304 Jenita Ortega, 0506 Lee Johnson Jr., 0611 Robert Simmons, 1111 Wallace Fitzpatrick, 2513 Kiera Jackson-Bynum, 2606 Angel Rodriguez, 3118 Edwina Griggs, 3604 Abel Timothy Tootle Jr., 4319 Michael Robinson, 4403 Douglas Jenkins, A4121 Hakeem L. Clark, A4201 Matthew J. Rivers, A4430 Robert Rivers, 3310 Christopher Slack

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safeguard self storage

#1208-Kevin Boyd • #2116-John Harper • #3214-Theresa Hernandez • #2114-Elsie Kerney
#2419-Yarimar Ocasio Fragoso • #3803-Vanessa Pena • #2216-Kenneth Ray
#3412-Carlos Santiago • #1215-Jamilah Thomas • #3227-Angel Torres

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Notice to hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **August 27, 2013 @ 3PM** at the Safeguard Self Storage facility located at 1333 Rhawn Street Phila. PA 19111. The personal goods stored in the following space numbers by the following tenant(s):

safeguard self storage

#3212-Kenneth White, #2118-Iris Tolchinsky, #1504-Kevin Crabtree, #2815-Tara Peterson

Purchases must be made with cash only and paid at the time of sale. All goods are Sold as is and must be removed at the time of purchase. Sale is subject to adjournment. Safeguard Self Storage Management, Inc.

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Notice to hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **8/27/13 at 2PM** at the Safeguard Self Storage facility located at **6371 Keystone Street, Philadelphia PA 19135.** The personal goods stored in the following space numbers by the following tenant(s):

safeguard self storage

0409 Pamela Conklin • 1121 Traci Webster • 1321 Melissa Knowles • 1337 Robert Sperduto
2123 Joseph Clark SR • 2131 Juanita Stokes • 2425 Bernice Rowell

Purchases must be made with cash only and paid at the time of sale. All goods are Sold as is and must be removed at the time of purchase. Sale is subject to adjournment. Safeguard Self Storage Management, Inc.

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Notice to hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **August 27, 2013 @ 10am** at the Safeguard Self Storage facility located at 6224 Germantown Ave Phila. PA 19144. The personal goods stored in the following space numbers by the following tenant(s):

safeguard self storage

#2338-Lynda Brooks, #3417-Brain Brown Jr, #2424-Elrie Chappell, #3502-Regina Dyson, #2501-Jocelyn Gibson, #1131-Exin Jarrett, #3120-Michelle Jeffreys, #2227-Gentry Johnson, #2113-Baiheen Johnson, #1136-Charles Jones-Ark Christian Worship Center, #3125-Toria Jones, #0225-Erica Long, #1128-Janett McClendon, #3507-Iiala Onaje Jaheth, #0116-Wayne Reed, #3402-Anjanett Reese, #2153-Phizy Walker Jr, #3504-Rose Anna Watson, #2125-Margaret Williams, #3405-Stephenecce Williams, #1135-Bernard Corbin

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safeguard self storage

# 1114 Iris Felder, # 1140 Crystal Tomlin, # 1206 Aline Lytle, # 1246 Mark Wheeler, # 1306 Robert Green, # 1403 Willie Lott, # 1503 Tamika Dixon, # 2004 Maria Oshoko, # 2105 Frantz Vaneus, # 2201 Denis Kaniary, # 2218 Cheryl Kennedy, # 2219 Vincent Bullock, # 2308 Shahidah Mcintosh, # 2407 Regina Dixon, # 2500 Benjamin Wilson, # 3002 James Quarles, # 3003 Shivonne Richardson, # 3102 Terrance Perkins, # 3111 Kenneth White Jr, # 3117 Tiara Williams, # 3214 Kesha Lyons, # 3313 Reginald Boatright, # 3336 Cynthia Farrior, # 3512 Jeannetta Powell, # 3609 Marquitta Tomlin

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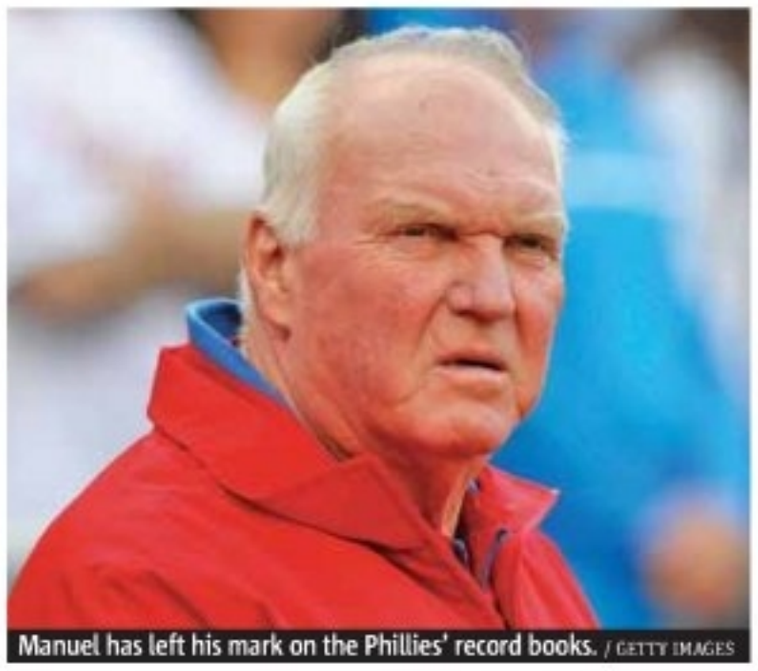
# Phillies celebrate Manuel's milestone

**MLB.** The skipper earned his 1,000th victory as manager behind Hamels' complete game.


Manuel has left his mark on the Phillies' record books. / GETTY IMAGES

This might be Charlie Manuel's last season guiding the Phillies.

If it is, the skipper is trying his best to go out in style, or at least leave an indelible mark on the franchise's record books.

Manuel racked up the 1,000th victory of his managerial career Monday in the Phillies' 5-1 win over Atlanta. It's a mark he's been chasing since Aug. 8. Finally, thanks to a complete game from Cole Hamels, Manuel earned it.

"It's definitely quite an achievement," Manuel said. "Like I told my players, they're the ones that make it happen. They play. The two organizations I've been with, they're the ones that get the players for me. That just goes to show you just how good they are. It's hard for me to stand there and say I accept all of my accolades, because other people are definitely achieving those for you."

After the game, the team presented Manuel with a special gift: a base with the number "1,000" written on it. For the record, 780 of those wins came in a Phillies uniform, and Hamels has been responsible for 96 of them.

"It's a huge milestone," Hamels said. "It's nice Charlie got that out of the way. Now, we need to focus on winning two" more in Atlanta.

MICHAEL GREGER
michael.greger@metro.us

**On the mend**

Roy Halladay is slated for a rehab start tomorrow in the Gulf Coast League. He'll throw 75 to 80 pitches.

- "If he feels good, we'll progress him," GM Ruben Amaro said. "There's a chance — an outside chance."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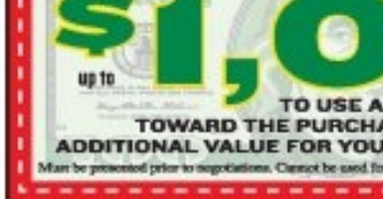
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NFL

## RG3 not a big McNabb fan

Robert Griffin III doesn't want Donovan McNabb's opinion.

The Redskins' QB declined an invitation for a sit-down with McNabb about how to succeed in the NFL. According to GQ magazine, Griffin said, "I don't think Donovan is an idiot by any means. But right now, it's probably best we don't talk."

McNabb spent one unsuccessful season in Washington, D.C.

METRO

MLB

## Braves fan dead after fall

A man died Monday night after falling 85 feet from the bleachers at Atlanta's Turner Field. Police said foul play wasn't suspected, according to The Atlanta Journal-Constitution.

The man fell from the upper deck and landed outside the stadium, per the police report.

The Braves lost to the Phillies, 5-1, in a game that was delayed by heavy rain. METRO

NCAA

## Martin's dad inspires team

Trayvon Martin's father will serve as an honorary captain for Florida A&M during the football team's season opener on Sept. 1.

Tracy Martin delivered a speech to the team this past Sunday, according to the Orlando Sentinel. Florida A&M plays Mississippi Valley State in the opener. Martin will perform the ceremonial pregame coin toss.

METRO

# Douglas out at ESPN after racial tirade

**NFL.** The former Eagle was relieved of analyst duties after insulting and fighting colleague.

Hugh Douglas has been relieved of his duties at ESPN after reportedly directing a racial tirade at a colleague.

Douglas, who spent six seasons with the Eagles, was allegedly drunk and threatened to beat up ESPN's Michael Smith last week at a nightclub in Florida. Douglas called Smith an "Uncle Tom" and a "house n—," reports say. The incident was first reported by sports gossip website The Big Lead.

Douglas wrote the following statement yesterday on his Twitter account: "I am very disappointed to be leaving ESPN and will have more to say about this situation and my future at the appropriate time."

MICHAEL GREGER
michael.greger@metro.us

Hugh Douglas made racially insensitive remarks. / GETTY IMAGES

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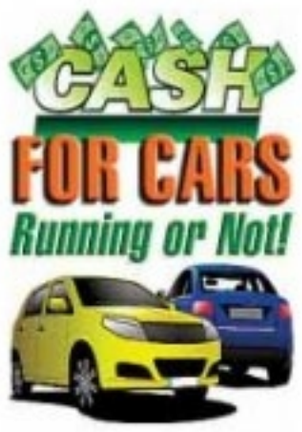


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**$$ WE BUY iPHONES $$**

We pay the most for your used, cracked screen or broken iphones visit our website www.sellurgodgets.com or txt 215-279-4739 and get a price quote, it's that simple.

### Miscellaneous

**BUYING GUITARS, VINTAGE**
Guitars & All Musical Instruments.
Call Rob, 609-457-5501

### Miscellaneous

**CASH FOR DIABETIC TEST STRIPS**
**50 count boxes $15**
Also buying nicotine patches, gum, ensure & diapers.
We match any price $$$
**267-275-1717**

### Garage & Yard Sales

**SIDING CONTRACTORS** Everything you need to start. New 1 brake, Vanmark Series 1, MK1, M960. 2 Aluminum Extention Ladders, Werner, type 2, 250 lbs., socks & standoff, 34' & 36'. Werner pick 14'x12'. 2 ladder jacks. Package $1950 267-263-3788

SECTIONAL, micro fiber w/chaise & ottoman, 7 colors avail. Brand new still boxed. Get all 3 pieces = $549.
**ExFurn.com ) Call 215-752-0911**

LEATHER BED:
Queen $169 • King $220.
pillow Top MATTRESS Set:
Queen $175 • King $275
**EXFURN.COM 215-752-0911**

### Vehicles Wanted

**BEDROOM SET Brand New, 5 pc.** Twin, Full, Queen, $399. Delivery and Mattresses avail. e 215-355-3878

**Bed Brand New Queen Pillow Top** Mattress set in plastic w/warranty $175 5 piece Bedroom set $399. Delivery available. Call 215-355-3878

## Notices

### Notices

A caring, energetic couple with so much love to give wish to adopt a newborn into our loving & secure home.
**Call Courtney & Dan 1-888-942-9599**

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